

AFFECTION NOT REJECTION:

The Shanti Foundation of Tucson was founded in 1985 to provide emotional support for persons faced with life-threatening illnesses and/or grief. Shanti is a Sanskrit word which means "inner peace". Our slogan reflects our approach to service.

The Shanti family consists of volunteers and professional staff, who provide *free* services to persons with any life-threatening illness and their loved ones through the Shanti Programs.

Traditional support systems for persons with life-threatening illnesses have eroded—there is a strong need for new forms of support to fill the gap. The loss of the general medical practitioner to increased specialization and diminished family presence due to greater geographical distance coupled with a possible lack of religious affiliation lead to greater isolation and "aloneness" for the dying.

The emotional and financial burden resulting from a prolonged period of dying is without precedent in our society. Powerful emotional reactions for both patient and loved ones in response to these dilemmas are the norm rather than the exception. Shanti volunteers are trained to facilitate this period of transition.

EMOTIONAL SUPPORT:

Shanti counseling volunteers are trained by Shanti staff and senior volunteers to work with persons with any life-threatening illness and their loved ones on a one-to-one basis, providing emotional support, companionship, patient advocacy, information and friendship.

Our approach at Shanti is based on a concept of non-judgmental active listening in the belief that each person, with support, can find answers to the often troubling questions associated with living with a life-threatening illness and/or grief.

Shanti counselors support their clients in living their lives, whatever that time span may be, and in their chosen treatments or points of view. The counselor provides a safe place for the client to process grief and fear, as well as a caring presence to help relieve stress and loneliness through the dying process. Volunteers are available on a 24 hour basis during emergencies which involve their clients.

ONGOING SUPPORT:

Ongoing support groups are offered for persons with any life-threatening illness, including AIDS, and also for loved ones, family and friends. These groups provide an excellent opportunity for persons dealing with similar situations to support one another.

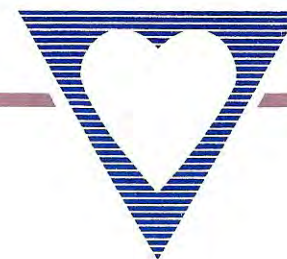
INFORMATION AND REFERRAL:

Shanti Foundation of Tucson staff and office volunteers receive many calls each month requesting information and referral. Shanti operators provide information about life-threatening illnesses, answer questions about Shanti services, and refer persons to Shanti programs or to other agencies for services.



Special Thanks to the following business for donation of their time and services:

Dave French Design Studios/Design & Layout
The Best Little Type House in Tucson/Typesetting
Arizona Printing Express/Printing



Affection Not Rejection

COUNSELOR TRAINING:

The Shanti Foundation has developed a comprehensive and intensive 45 hour volunteer training program, designed to develop counseling skills on a non-judgmental and empathetic peer counseling basis. This training utilizes both academic and experimental methods to teach volunteers how to effectively counsel and assist persons with life-threatening illnesses and their loved ones.

Basic medical information regarding the symptoms and progression of a chronic illness is taught by qualified physicians. The psychological aspects are addressed by persons with illnesses, and trained counselors.

Upon successful completion of training, volunteers make a six month commitment with a time dedication of six to eight hours per week. Two of these hours are spent in weekly volunteer support/supervision groups. Volunteer Coordinators rotate through support groups to assure necessary client follow-through and interaction.